

# Meal Plan Overview

## Final Meal Plan: The “Spice Route” Mini 🌶️

**Dates:** Monday, Jan 19 - Thursday, Jan 22, 2026 **Theme:** Complex Flavors, Under 45m Prep, No Tough Meat.

### Week Overview & Prep Schedule

Day	Meal	Prep Note
Monday	Turkish Lentil Soup	<b>No Defrost needed.</b> Chop veg while lentils simmer.
Tuesday	Mediterranean Bowl	<b>Defrost:</b> Pull <b>Fire Roasted Roots</b> from freezer today.
Wednesday	Off/Leftovers	
Thursday	Beef & Broccoli Stir-Fry	<b>Defrost:</b> Move <b>Chuck Stew Meat</b> to fridge Wed night. Sliced best while semi-frozen.

### The Recipes

#### 1. Monday: Turkish Lentil Soup & Shirazi Salad 🥗

- **Total Time:** 40 mins.
- **Flavor Layer:** Sizzling Aleppo/Garlic oil drizzle + Heavy Lime juice.
- **Kid Submeal:** Plain boiled carrots/potatoes (fished out before blending) + Cheese Toast.
- **Recipe File:** recipes/turkish-lentil-soup.md

#### 2. Tuesday: Mediterranean “Rainbow” Bowl 🌿

- **Total Time:** 30 mins.
- **Flavor Layer:** Crispy spiced chickpeas + Lemon-Dill yogurt sauce + Minty cucumber/tomato salad.
- **Kid Submeal:** Rainbow Plate (Separated piles of chickpeas, roots, cucumbers, and yogurt dip).
- **Recipe File:** recipes/mediterranean-bowl.md

#### 3. Thursday: Velveted Beef & Broccoli Stir-Fry 🥦

- **Total Time:** 35 mins.
- **Flavor Layer:** Ginger/Garlic/Sesame sauce + Velveted beef (tender, never chewy).
- **Kid Submeal:** Plain beef strips + Steamed broccoli + Plain rice.
- **Recipe File:** recipes/beef-and-broccoli.md